**Trainings/Classes**

**Minot Office:**

**Kick Start-Quit Tobacco**
Jan. 7 / Feb. 21 / Mar. 21
6:30PM - 8:30PM

**Food Safety**
Dec. 4 / Jan. 8 / Feb. 5
4:00PM - 8:00PM
Dec. 5 / Jan. 9 / Feb. 6
9:00AM - 1:00PM

**Responsible Beverage Server Training**
Dec. 6 / Jan. 3 / Feb. 7
5:00PM - 7:00PM

**Other Locations:**

Free Car Seat Safety Checks 3PM-6PM

*Ryan Chevrolet December 11*

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**NOTICES**

**Offices Closed**
December 24 - Happy Holidays
January 1 - Happy New Year
January 21 - Martin Luther King

For possible date/time changes please visit www.fdhu.org

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**Santa’s Safe List**

The Hidden Dangers of Toys

It’s holiday time and as a gift giver you may be receiving your child’s top toy wish list. While buying the hottest and trendiest toys for your child may be the first thing that crosses your mind, CPSC wants to remind you that safety should always come first.

Every year, the Consumer Product Safety Commission (CPSC) receives many reports of kids younger than 15 who end up in hospital emergency rooms with toy-related injuries. Last year, kids in this age group experienced more than 174,100 toy-related ER-treated injuries and 7 deaths. Riding toys, specifically non-motorized scooters, were the toy category associated with the most injuries and nearly half of toy-related deaths in 2016. Most of the toy-related injuries involved cuts and bruises with the head and face being the most commonly affected parts of the body.

When buying toys remember these great tips:

- Choose toys with care. Keep in mind the child’s age, interests and skill level.
- Look for quality design and construction in toys for all ages.
- Make sure that all directions or instructions are clear— to you and, when appropriate, to the child. Plastic wrappings on toys should be discarded at once before they become deadly playthings.
- Be a label reader. Look for and heed age recommendations, such as “Not recommended for children under three.” Look for other safety labels including: “Flame retardant/resistant” on fabric products and “Washable/hygienic materials” on stuffed toys and dolls.

Beware of these hidden dangers:

- Avoid toys with sharp points or edges, toys that produce loud noises and toys with projectiles (such as darts).
- Small parts— no matter how old a child is, if he or she is still mouthing objects, be sure toys or pieces of toys are larger than the opening of a toilet paper roll.
- Check to be sure buttons and ribbons are securely fastened and cannot be pulled or bitten off.
- Make sure toys with strings, straps or cords are shorter than 7 inches and are age appropriate.
- Electrical toys and toy gun ‘caps’ are potential burn hazards.
- Toys with small batteries or magnets that can be swallowed.

Appropriate selection and proper use of toys, combined with parental supervision, can greatly reduce the incidence and severity of toy-related injuries.

For more information visit www.safekids.org or the U.S. Consumer Product Safety Commission at www.cpsc.gov or www.saferproducts.gov for recall information, or call Toll-free: 1-800-638-2772

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**Backpage**

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**For additional events visit our Facebook Page. Like and Share!**
SMOKING AND YOUR VISION

Often people associate smoking with lung cancer, but your vision can also suffer and the resulting eye disease can develop even sooner! Eye disease such as cataracts, age-related macular degeneration, diabetic retinopathy, and dry eye disease cause vision loss and all are more prevalent in smokers.

- Heavy smoking triples your risk of developing cataracts.
- Age-related macular degeneration is 3-4 times more prevalent in smokers and begins at an average of 10 years earlier than non-smokers – in fact, even being exposed to secondhand smoke on a regular basis can almost double your risk of developing macular degeneration.
- Smoking can increase your risk of getting diabetes and make it harder to manage which can lead to irreversible vision loss.
- Smokers are twice as likely to suffer from dry eye syndrome.

Underlying medical conditions, age-related changes in vision and injuries cause people to lose their vision. Each year, specially-trained vision rehabilitation specialists in North Dakota help over 900 people affected by blindness or significant vision loss to continue living independently in communities across the state.

Individuals with serious vision loss affecting their independence or employment can access vision services by contacting Aimee Volk at 701-328-8954/1-800-755-2745 or email alvolk@nd.gov for more information.

Information found at www.nd.gov and www.ndvisionservices.com

GERMS are all around you.

Stay healthy.
Wash your hands.

www.cdc.gov/handwashing

When:
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or helping a child in the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or treats
- After touching garbage

How:
- Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
- Lather your hands by rubbing them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse hands well under clean running water.
- Dry hands using a clean towel or air dry them.

Each year, U.S. poison control centers report approximately 3,500 cases of swallowed button batteries. Inside small electronic devices may be very powerful, nickel-sized, 20mm diameter, button batteries which cause most of the serious injuries. When swallowed, these batteries can get stuck in the throat and burn through the esophagus in as little as two hours. Symptoms may be similar to other illnesses, such as coughing, drooling, and discomfort. Children can usually breathe with the battery in their throat, making the problem difficult to spot. Treatment can require feeding and breathing tubes and multiple surgeries. Serious injuries and deaths are on the rise. Kids under 4 have the greatest risk. Learn more about the dangers at TheBatteryControlled.com or call 1-202-625-3333.

THERE WILL BE NEW DAYCARE LICENSING REQUIREMENTS BEGINNING 2019. PLEASE CONTACT FDHU WITH ANY QUESTIONS OR VISIT OUR WEBSITE FOR MORE INFO.

CALL ENVIRONMENTAL HEALTH
701-837-5121